# chicken tender wraps with ginger snap pudding

TOTAL TIME
30 minutes
MAKES 4



#### APRON'S ADVICE

Adding crumbled feta or gorgonzola cheese to the wrap will add a little more "grown-up" flavor.

#### SHOPPING LIST

#### Dairy

4 (10-inch) flour tortillas 1/2 cup pressurized whipped cream 1/4 cup shredded Cheddar cheese 1 (22-oz) container tapioca pudding

#### Deli

6 chicken tenders

## Dry Grocery

1 (8-oz) can crushed pineapple in juice 15 ginger snap cookies 8 tsp honey mustard

### **Produce**

1 banana1/2 cup shredded lettuce1 medium tomato

#### Suggested Items

fruit punch macaroni and cheese ranch dressing carrot sticks



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#### **COOKING SEQUENCE**

- Prepare pudding and chill 15 minute
- Prepare wraps and serve 15 minutes

## chicken tender wraps

#### INGREDIENTS

6 Deli fried chicken tenders

4 (10-inch) flour tortillas

1 medium tomato

1/2 cup shredded lettuce

1/4 cup shredded Cheddar cheese 8 teaspoons honey mustard

#### STEPS

- 1. Slice chicken into bite-size pieces and place on microwave-safe plate. Place tortillas on top of chicken and microwave on high 1 1/2 minutes. 2. Wash tomato and and slice into bite-size pieces.
- 3. Divide chicken and place in center of each tortilla. Top each with lettuce, tomatoes, cheese and honey mustard. 4. Fold one side of each tortilla up about 1 inch to form bottom and roll in the shape of a cylinder. Repeat process with remaining tortillas. Serve. CALORIES (per 1/4 recipe) 490kcal; FAT 19g; CHOL 90mg; SODIUM 1034mg; CARB 39g; FIBER 2g; PROTEIN 38g; VIT A 6%; VIT C 10%; CALC 11%; IRON 7%

# ginger snap pudding

#### INGREDIENTS

1 (8-ounce) can crushed pineapple in juice (well-drained)

1 (22-ounce) container tapioca pudding

1 banana

15 ginger snap cookies1/2 cup pressurized whipped cream

#### STEPS

1. Combine pineapple with pudding in medium bowl. 2. Peel banana and slice into bite-size pieces while adding to pudding. Gently stir to mix. 3. Place cookies in food processor and process 20–25 seconds, or until fine. Divide into four serving dishes, reserving 1 tablespoon. 4. Divide pudding mixture over cookies and top with whipped cream. Sprinkle with remaining cookie crumbs. Chill until ready to serve. CALORIES (per 1/4 recipe) 367kcal; FAT 11g; CHOL 38mg; SODIUM 326mg; CARB 62q; FIBER 1q; PROTEIN 7q; VIT A 5%; VIT C 16%; CALC 14%; IRON 9%